

Supplement 3. Association of water intake with abdominal obesity adjusting for covariates (Including fasting blood glucose or HbA1c)*

| Group | Inadequate water intake | Adequate water intake | P-value |
|---|-------------------------|-----------------------|---------|
| Multivariable aOR (95% CI) [†] | 1 (Reference) | 0.857 (0.754–0.974) | 0.018 |
| Multivariable aOR (95% CI) [‡] | 1 (Reference) | 0.855 (0.752–0.973) | 0.017 |

HbA1c, hemoglobin A1c; aOR, adjusted odds ratio; CI, confidence interval.

*Defined as a waist circumference of ≥ 90 cm in men and ≥ 85 cm in women. [†]Adjusted for age, sex, marital status, educational status, employment status, aerobic physical activity, cigarette smoking, alcohol consumption, dietary supplement intake, coffee and coffee drinks consumption as categorical variables, and total calorie intake, water intake from food, sodium intake, body weight, fasting blood glucose as continuous variables. [‡]Adjusted for age, sex, marital status, educational status, employment status, aerobic physical activity, cigarette smoking, alcohol consumption, dietary supplement intake, coffee and coffee drinks consumption as categorical variables, and total calorie intake, water intake from food, sodium intake, body weight, HbA1c as continuous variables.